

JANUARY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>ALL EVENTS & CLASSES are Eastern Time. Classes are LIVE on Zoom with limited spots are available for in-person participation in the Studio.</p> <p>Please call Coach Trish with any questions (603) 447-3112 Or email: discoverhealthcoaching@gmail.com</p>						
	1	2	3	4	5	6
					<p>Discover Yoga & Self Myofascial Release 9 – 10:15am</p>	
7	8	9	10	11	12	13
		<p>Movement for Longevity 9-10am</p>			<p>Discover Yoga & Self Myofascial Release 9 – 10:15am</p>	
14	15	16	17	18	19	20
		<p>Movement for Longevity 9-10am</p>				
21	22	23	24	25	26	27
		<p>Movement for Longevity 9-10am</p>			<p>Discover Yoga & Self Myofascial Release 9 – 10:15am</p>	
28	29	30	31			
		<p>Movement for Longevity 9-10am</p>				

Visit our website for more information and full details on the Discover Health Movement Membership classes:
discoverhealthfmc.com

Live / online class schedule:

Movement for Longevity: Tuesday mornings (9 – 10am) – with Jim Chaput

Do you want to get up and down from the floor with ease, improve your balance and move with confidence?
Join us to learn simple stretching & strength exercise and balance drills that you can do in your own home with no special equipment.

Master movements that will improve your daily life now and for years to come!

Discover Yoga & Self-Myofascial Release: Friday mornings (9 - 10:15am) – with Lisa Buerk

Relax and unwind with gentle yoga and self-myofascial releases.

Learn and experience some of the many benefits of yoga and self-myofascial release in a supportive environment.

Did you know that your fascial system surrounds everything in your body?

You can enhance your mobility using self-myofascial release techniques, which can help alleviate tight muscles and keep your body mobile as you age. This class incorporates gentle yoga poses and self-myofascial release to help you **Release, Relax, Renew, and Recover.**

Beginners always welcome... we look forward to seeing you in class!